



# DECEMBER 2001

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)

# Happy Holidays



## Address from the new Quality of Life Director

**A**s the new Quality of Life Director at the Naval Postgraduate School, I look forward to working with you to fine-tune an already well-established MWR Program. I bring a very unique perspective to my new job. While I have over 13 years of experience managing MWR programs, I am also a 1988 NPS Operations Analysis graduate! I lived at La Mesa, my children attended the elementary school and used the Child Development Center, I regularly ate lunch at the club, and occasion, I could be found sipping a cold beverage at the bar still served by Pete!

I regularly communicate with my '88 classmates and after a brief discussion on how absolutely torturous the Operations Analysis curriculum was (and still is, I'm sure), we quickly reflect on our greatest moment at NPS - our first place finish in intramural softball. While the concept of team building through athletic competition would appear to be a blinding flash of the obvious, none of us could have possibly realized

how this one MWR program galvanized many lifelong friendships.

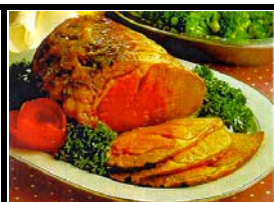
Rest assured, I will do everything in my power to improve the quality of life programs and services at NPS for students, faculty, support personnel, family members, and retirees in the Monterey community. Certainly, increased force protection measures are currently impacting many of our programs. Consequently, this is a very important time for you to provide a program improvement suggestions to your MWR Advisory Council member, to one of my facility managers, or directly to me.

During this time of great celebration, I wish you and your family all the best and happy holidays! I hope you don't have to work on your thesis during holiday break!



Jim Thomas





*Come and enjoy our  
Tuesday Night  
Dinner Special in the  
El Prado Room  
4:00 ~ 9:00 p.m.*

**Succulent**

## **Roast Prime Rib!**

*with Aux Jus and Horse Radish accompanied  
with Baked Potato and Sour Cream Fresh  
Vegetables and Chef's choice dessert*

**only \$13.00**

*Available December 4, 11 & 18 only.*

## **HOLIDAY HOURS**

**Club Del Monte** will have limited breakfast and lunch menu service beginning Thursday, December 20, 2001 thru Friday, January 4, 2002. Full service will resume Monday, January 7, 2002.

**Sunday Brunch** has been indefinitely canceled (until further notice) due to limited base access.

**El Prado Bar** will be closed for the Holidays from Thursday December 20, 2001 thru Sunday, January 6, 2002. We will reopen for regular business on Monday, January 7, 2002.

## **NAVAL POSTGRADUATE SCHOOL**

**RADM David R. Ellison**  
Superintendent

**CAPT Frank C. Petho**  
Deputy Superintendent

**GSCD(SW) R.O. Murphy**  
Command Senior Chief

**Captain Hirsh**  
Director, Personnel and  
Military Services

**Jim R. Thomas**  
Quality of Life Director

**Vacant**  
Financial Officer

**Beth Leone-Mullins**  
Leisure Services Manager

**Eric Thompson**  
Golf Course/RV Campground  
Acting Manager

**Julianne Schmidt**  
Child Development Program  
Administrator

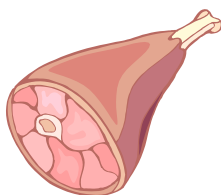
**Kim Andersen**  
Food & Beverage Manager

**Cecilia S. Legario**  
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in Area code (831)

*From the kitchen of  
Chef Hugh Butler  
comes this month's  
Wednesday Night  
Dinner Special served  
in the El Prado Room  
(4:00~9:00 p.m.)*



**Fresh Green Salad**

## **ROAST LEG OF LAMB**

*Accompanied with Roasted Garlic,  
Demiglace Sauce, Scalloped Potatoes,  
Sautéed Snap Peas with Sundried Tomatoes  
Pecan Pie*

**\$12.00**

*Available December 5, 12 & 19 only.*

*Come enjoy December's  
Friday Lunch Special in the  
El Prado Dining Room!*



*This month we're serving  
**FRESH SEAFOOD BURRITOS***

*Served with Fresh Salsa  
and Spanish Rice*

**only \$5.50**

*Available December 7 & 14 only.*

***The annual "New Year's Eve" event has been canceled  
due to the threat con status at NPS.***

***The Trident Room is presently closed for renovation. Please join us  
in the El Prado Bar while we work to improve "your" Bar .  
For more information about our special events, please call 656-2170.***



## **NPS BARRACKS TREE TRIMMING**

*Time to trim the tree and  
deck the barracks with  
bows of holly! MWR will  
host the tree trimming  
party at the barracks on  
Wednesday, December 5,  
2001 at 1800.*



*You better watch out!  
You better not cry!  
You better not pout,  
I'm telling you why!*

*MWR's holiday elf is coming to  
NPS! He is giving out special gift.  
Who knows what could be in the  
bag? So you better be good!*



***For more information about this event, please call 656-5235.***

## **MWR ADVISORY BOARD TO MEET JANUARY 23, 2002**

The next MWR Advisory Board meeting is set for Wednesday, 23 January 2002, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg. 220.

All departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR info and to share your command's feedback with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



## MONTEREY BAY ATHLETIC CLUB GROUP FITNESS CLASS SCHEDULE

HOUR	MON	TUES	WED	THUR	FRI	SAT
6:00 AM	20/20/20	FREE STYLE	PT READY	20/20/20	FREE STYLE	
8:30 AM						STEP
9:30 AM						MUSCLE CONDITIONING
12:00 PM	POWER YOGA	PEDAL PUMPING II	POWER YOGA	PEDAL PUMPING I		
5:00 PM	ABS & BELOW	POWER UP	SIX PACK ATTACK	BACK TO BASICS		
5:30 PM	KICK BOX II	PEDAL PUMPING I	KICK BOX I	PEDAL PUMPING II		
6:30 PM		STEP REBOOK	PILATES	STEP REBOOK		

### FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC CLASS DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	<b>FREE</b>	<b>FREE</b>	N/A	\$38.00	\$5.00
RETIREEE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$39.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

*Combo Cards: Allows you to take either aerobic or cycling classes.*

### BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available to rent by eligible patrons to meet their transportation needs or for recreational riding.



Two types of bikes are available for rental: street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below.

Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 239.

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00

### DECEMBER FITNESS CENTER HOLIDAY HOURS

17 - 21 ~ 0530-2000      26 - 28 ~ 0530-2000  
 22 - 24 ~ 0800-1700      29 - 31 ~ 0800-1700  
 25 ~ **CLOSED**

**FREE STYLE.** A cardiovascular cornucopia of fat burning routines. Designed with variety in mind. **For all fitness levels.**

**PT READY.** Emphasizes cardiovascular and strength training. Consist of 20-25 min. of aerobic training followed by muscle conditioning and abdominal exercises. Flexibility and upper body strengthening also emphasized. **For all fitness levels.**

**STEP REBOOK.** For intermediate level. Consists of 30-35 min. of cardiovascular training on the step, perfect to rev up your heart rate.

**POWER YOGA.** Utilize traditional yoga poses to give you a stress relief break in your day. Benefits of this class are added flexibility and strength. **Ideal for everyone!**

**KICK BOX I.** A fun and easy to follow workout utilizing boxing and martial arts based movements to kick, duck, block and jab your way to fitness. This class helps to train for endurance and strength in both the upper and lower body. **Great for the beginner.**

**KICK BOX II.** This class adds an extra punch to KICK BOX I. If you're intermediate or advanced you'll love this class!

**SIX PACK ATTACK.** This free class will sculpt your abdomen.

**ABS & BELOW.** In this free class you can count on 30 min. of intense abdominal exercise to increase your abdominal strength. The emphasis are also glutes, hamstrings and inner/outer thighs. **Open to all eligible Fitness Center participants.**

**PEDAL PUMPING I.** This class is perfect to learn the basics of indoor group cycling. Be prepared to hit road time and travel over hills and flats while burning between 400-600 calories in 45 minutes! **Any level of exerciser welcome!**

**PEDAL PUMPING II.** A 45 min. class of pure aerobic training! Utilizing specifically designed stationary bikes; the instructor takes you on a journey of hills, sprints, lifts and jogs while listening to great music. Incredible workout for the cardiovascular system, legs and glutes. **Perfect for the intermediate and advanced exerciser.**

**PILATES.** Concentrate on your "inner-core" muscles, specifically your abdominal to achieve stability in the trunk. You get the benefit of Yoga and strength training combined. **All level exercisers welcome.**

**20/20/20.** This class is a combination of 20 min. of Step, 20 min. of High/Low followed by 20 minutes of muscle conditioning and abdominal exercises. **For all fitness levels.**

**MUSCLES CONDITIONING.** A non-impact workout utilizing barbells, bands, body bar and the Resist-A-Ball to strengthen, tone and sculpt your muscles from head to toe. **Ideal for beginner to experienced exercisers.**

**BACK TO BASICS.** This class utilizes the easy-to-use Resist-A-Ball. This ball is one of the best abdominal and back workout tools. Come and see the various ways to use the ball to build strength in your abs and back. **For all fitness levels.**

**POWER UP.** A 30 min. class sculpting the upper body. **For all fitness levels.**

*There will be no aerobic classes scheduled Dec 21, 2001 thru Jan 05, 2002.  
 For more information, please call 656-3118.*




## INFORMATION TICKETS & TOURS

**HERRMANN HALL QUARTERDECK**

**Open Monday-Friday**  
**9:30 a.m. to 1:30 p.m.**  
**2:30~4:30 p.m.**

**Closed Weekends  
and  
Federal Holidays**

DECEMBER	UPCOMING ITT TOURS	PRICES
1	Monterey Wine Tasting	\$20.00
8	San Francisco Shopping	\$23.00
9	Raiders vs. Kansas City Chiefs	\$65.00
15	Hearst Castle	\$35.00
JANUARY		
19	San Jose Sharks vs. Colorado	\$45.00




### NUTCRACKER BALLET

*Ballet Fantasque will again present the full length "Nutcracker" on December 22 and 23 at Sister Carlotta Performing Arts Center at Santa Catalina School. Contact ITT for tickets prices and performance time.*

SKI LIFT	MWR	SITE
Alpine Meadows	\$46.00	\$54.00
Heavenly	\$51.00	\$57.00
Kirkwood Adult	\$45.00	\$52.00
Kirkwood Young Adult (13-18)	\$37.50	\$42.00
Squaw Valley	\$49.00	\$56.00

### ORLANDO ATTRACTIONS

Planning a trip to Florida for the holidays? Tickets can be special ordered to Disney World, Busch Gardens and many others. Please allow five working days for processing. Stop by ITT for pricing and information. Tickets are also available for certain attractions in Arizona, Tennessee, Texas and Virginia.



### CHRISTMAS STOCKING STUFFER AND GIFT IDEAS

Entertainment Books .....\$20.00  
 Gift Checks Books .....\$10.00  
 See's Candies Gift Certificates .....\$9.50/\$18.00  
 Phone Cards 100 & 200 units .....\$15.00/\$30.00  
 Movie Theater Tickets .....\$5.50/\$6.50  
 NPS License Plate Frames.....\$9.00



### FIRST NIGHT MONTEREY BUTTONS

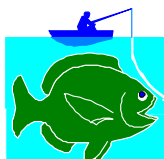
*Ring in the New Year in downtown Monterey. Buy your event button at ITT and enjoy an evening of fun, music and entertainment for the whole family.*

*Check with ITT for prices.*

*For more information, call 656-3223.*

### DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale-watching excursions with Randy's Fishing Trips. Whale-watching is \$11.00 for adults or children. Prices for fishing start at \$31.00 per person. Gear and licenses are extra.



## ITT HOLIDAY HOURS

*Christmas Eve, 24 Dec ~ 0930-1330; Christmas Day, 25 Dec ~ CLOSED;  
 New Year's Eve 0930-1330 31 Dec ~ CLOSED; New Year's Day, 1 Jan ~ CLOSED.*



**TECH CONNECTION**

**YOUTH & TEEN CENTER SCHEDULE OF EVENTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <i>Skating Day</i>
2 <i>Closed</i>	3 <i>Teen Ping-Pong Journey</i>	4 <i>Open Recreation</i>	5 <i>Open Recreation</i>	6 <i>Youth &amp; Teen Uno Pool Tournament 4:00-5:30 p.m.</i>	7 <i>Youth &amp; Teen Pool Tournament 4:00-6:00 p.m.</i>	8 <i>Basketball and Open Recreation</i>
9 <i>Closed</i>	10 <i>Electric Football &amp; Open Recreation</i>	11 <i>Open Recreation</i>	12 <i>Youth &amp; Teen Fuse Ball &amp; Open Recreation</i>	13 <i>Open Recreation</i>	14 <i>Teen Play Station 2 Challenge</i>	15 <i>Open Recreation</i>
16 <i>Closed</i>	17 <i>Open Recreation</i>	18 <i>Teen Committee Meeting 4:00-5:00 p.m.</i>	19 <i>Monopoly Tournament 4:00-6:00 p.m.</i>	20 <i>Open Recreation</i>	21 <i>Open Recreation Christmas break starts</i>	22 <i>Teens Movies Del Monte Mall</i>
23 <i>Closed</i>	24 <i>Youth &amp; Teen Half Day Open at 10:00 a.m.</i>	25 <i>Closed Merry Christmas</i>	26 <i>Closed</i>	27 <i>Welcome back Open Recreation</i>	28 <i>Open Recreation</i>	29 <i>Bowling</i>
30 <i>Closed</i>	31 <i>Youth &amp; Teen Half Day Open at 10:00 a.m.</i>					



**Child Development Program**

**CHILD DEVELOPMENT HOMES**



The Child Development Home program offers Navy certified care by military family members in their homes. One of our Child Development Homes offers a playgroup for 2-4 year olds Monday

through Thursday from 0800-1200. If you are interested, please stop by the Child Development Center to pick up a list of certified homes in La Mesa and fill out an interest form for the playgroup.

Interested in pursuing a rewarding career and work at home? How about becoming a Child Development Home Care Provider? You'll receive extensive training, become First Aid/CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call and we'll assist you through our CDH certification process!

**CDC IS THE PLACE TO BE**

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time care for children ages six weeks through five years. We maintain a wait list for full-time care but currently have openings in our 3-5 year old classrooms.



Life Skills Readiness Program ~ The Child Development Center announces a part-day preschool program called the Life Skills Readiness Program starting this fall for children ages 3 years through 5 years. Prepare your child for school and give yourself some time to take care of life's little errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program.

**Accredited by NAEYC's  
National Academy of Early  
Childhood Programs**

Classes started August 13th with Monday/Wednesday/Friday sessions and Tuesday/Thursday sessions from 0900-1130. A five day program may be available upon request.

*Child Development Center will be closed on Christmas Day, 25 December. For more information about how our Child Development Program can meet your child care needs, please call 656-2734.*

## SANTA SUIT RENTALS

November 25th ~ December 24th

Rent Santa Suit from the  
**Monterey Bay Athletic Club**

Suit includes: Jacket, Pants, Belt, Wig,  
Beard and Hat.

Cost: \$10.00 (full day) plus  
\$10.00 cleaning fee.

\$7.00 (1/2 day) plus  
\$10.00 cleaning fee.

- Must rent or reserve suit in person.

For more information, call 656-3118.



## "Harry Potter's"

### MWR HOLIDAY ADVENTURE

December 5 ~ 11, 2001

Win daily giveaways and a final treasure of more than \$100.00 worth of prizes!



Enter the "Harry Potter's" MWR Holiday Adventure. Be a Hogwart's Wizard and find the MWR Golden Schnit with all its treasure inside! Daily clues will lead you to the loot. ITT is where you'll see the flying map that leads you to a great adventure. Everyone will be a winner of daily giveaways!

For more adventurous information, please call 656-3223.

## MONTEREY BAY ATHLETIC CLUB

### FITNESS AND SPORTS

#### Holiday Classic Tennis Tournament

December 03 thru 07, 2001



Is open to active duty/reservists/retirees, family members and DOD civilians employed at Naval Postgraduate School. The tournament will be single elimination.

Tournament divisions are: Men's Open, Women's Open and CO-ED Open. Fees are as follows: \$15.00 active duty/reservists/family members, \$17.00 retirees/family members, \$19.00 DOD civilians and \$20.00 per CO-ED team. Registration fees include: Tennis balls and commemorative T-shirt. Awards will be given to 1st and 2nd place in each division.

### WINTER INTRAMURAL SPORTS



Basketball season will begin 14 January 2002. Games will be scheduled on Mondays and Wednesdays.

Volleyball season will begin 15 January 2002. Games will be scheduled on Tuesdays and Thursdays.



Rosters are available at the Fitness Center customer service desk for team entries. All team rosters will be due by 09 January 2002.

### 02 AEROB-A-THON CHALLENGE

Saturday, January 12, 2002 ~ 0830-1230

Open to ages 16 and older ~ FREE!

Are you tough enough? Kick off the New Year by participating in our first aerob-a-thon! High-energy music, refreshments, prizes and fun!

#### The morning Agenda:

0830-0900 ~ Sign in. Light refreshments  
0900-0930 ~ Power Yoga (Tay Scott)  
0940-1010 ~ Six pack Attack (Gwen Donovan)  
1020-1050 ~ Freestyle (Margo Robins)  
1100-1130 ~ Kickboxing/Muscle Conditioning (Anne/Gwen)  
1140-1210 ~ Cycling/Step (Kathy Capuano)  
1215 ~ Cool down/Grand prize (All)

For more information, please call 656-3118.

## MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is OPEN YEAR ROUND and is available to all active duty, reservists, retirees, family members & DoD civilians.



#### About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey). Our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

For advance reservations or more information, call the Monterey Pines Golf

#### DAILY RENTAL FEES

Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/ Retiree/Family Member	\$14/Day	\$12/Day
DoD Civilian	\$16/Day	\$14/Day
Civilian Guest	\$18/Day	\$16/Day

## MONTEREY NAVY FLYING CLUB



Located at the Monterey Airport, you will find aircraft rental and professional flight training in an informal, club-type atmosphere.

For more info, call the Monterey Navy Flying Club at 372-7033.

## MONTEREY PINES GOLF COURSE

### HOURS OF OPERATION

#### GOLF PRO SHOP

6:30 a.m. to 5:30 p.m. ~ Daily  
Mid-day Golf: 12:00~2:00 p.m.  
Twilight Golf: 2:00 p.m. to Closing

#### MONTEREY PINES SNACK BAR

10:00 a.m. ~ 5:00 p.m. ~ Daily  
New Location: Bldg. 199  
Next to the Pro Shop



### GOLF TIP

#### ANTI-FREEZE

For those who freeze over the ball, then yank the club back quickly, should try using a slight “forword press” to trigger a smooth swing. Press your hands a tad toward the target, or gently press your right knee inward to start a smooth take-a-way.

### INTRODUCTION TO GOLF

At Monterey Pines we offer classes for people who would like to learn about golf. This is a class of two one and one-half hour sessions. Introducing students to the game of golf. The first session is learning the basic rules, etiquette and how the game is played. The second session will be on the course, to show how golf is played.



#### Class schedules are:

##### Saturdays

December 8th & 15th  
Time: 9:00 a.m.

##### Tuesdays

December 11th & 18th  
Time: 3:30 p.m.

Cost: 25.00

Classes are limited to 8 students

### GOLF RULE

#### FREE DROP

Shots coming to rest in the conditions listed here are beyond your control and therefore do not result in penalties. If you find yourself in any of these situations, you may hit the ball as it lies. Otherwise, you “seek relief” which is a “free drop”, which allow you to relocate your ball in the fairest way possible. To drop a ball at the nearest point of relief means to stand outside the trouble area, face the hole, extend your arm at shoulder height, and literally drop the ball within two club length of the point of relief, not closer to the hole.

Examples of situations in which a free drop is appropriate;

- (1) or white paint,
- (2) staked trees or shrubs,
- (3) sprinkler heads,
- (4) casual water,
- (5) holes made by borrowing animals,
- (6) manmade immovable objects.

### MONTEREY PINES GREENS FEES

#### WEEKENDS & HOLIDAYS

Military	\$13.00
DoD Civilian	\$16.00
Guest	\$26.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

#### MONDAY– FRIDAY

Military	\$11.00
DoD Civilian	\$13.00
Guest	\$19.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

#### MID-DAY (12-2 P.M.) DAILY

Military	\$9.00
DoD Civilian	\$11.00
Guest	\$16.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

#### TWILIGHT (2 P.M.–CLOSING) DAILY

Military	\$8.00
DoD Civilian	\$9.00
Guest	\$12.00
Junior Military	\$6.00
Junior DoD	\$7.00
Junior Guest	\$8.00

*We apologize for the inconvenience during our clubhouse renovation.  
We are building a new and improved facility for  
Monterey Pines Golf Course patrons.*

*Monterey Pines Golf Course will be closed on Christmas Day  
December 25. For more information, please call 656-4029.*

## NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ <http://onboard.nps.navy.mil/intra/>

**INFORMATION TICKETS & TOURS** ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1330~1430. Phone: 656-3223.

**EL PRADO DINING ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed Saturdays and Federal holidays. Phone: 656-2170.

### Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays  
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays  
Lunch: 10:45 a.m. ~ 2:00 p.m. Weekdays  
Dinner: See El Prado Room listing below.  
Champagne Brunch: 10:00 a.m. ~ 2:00 p.m. Sundays

**EL PRADO ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed weekends and most federal holidays. Phone: 656-2170. Hours of Operation:

**Beverage Service:** 4:00 ~ 11:00 p.m. Monday ~ Wednesday  
3:00 ~ 11:00 p.m. Thursday & Friday  
4:00 ~ 11:00 p.m. Saturdays  
**Dinner Service:** 4:00 ~ 9:00 p.m. Monday through Saturday

**CLUB DEL MONTE/CATERING SALES OFFICE** ~ Herrmann Hall (PW area) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

**MWR ADMINISTRATIVE OFFICES** ~ Herrmann Hall (PW area) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2432.

**MONTEREY BAY ATHLETIC CLUB** ~ (Bldg. 208).  
Hours of Operation: Open Monday through Friday, 5:30 a.m. ~ 9 p.m.;  
Saturdays, 8 a.m. ~ 5 p.m.; Sundays 9 a.m. ~ 5 p.m. Federal holidays, 10 a.m.~5 p.m.  
Phone: 656-3118.

**ROMAN PLUNGE SWIMMING POOL** ~ (Bldg. 210).  
Closed for the season. Phone: 656-2275.

**CHILD DEVELOPMENT CENTER** ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

**CHILD DEVELOPMENT HOMES** ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

**TECH CONNECTION** ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

**MONTEREY PINES GOLF COURSE** ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

**MONTEREY PINES RV CAMPGROUND** ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-4029.

**BLUEWATER COVE MARINA** ~ On the Coast Guard pier, downtown Monterey. Temporarily closed for business until further notice. Phone: 656-2159.

**MWR BUSINESS OFFICE** ~ Herrmann Hall ground floor (Bldg. 220), across from Navy Federal Credit Union ATM machine. Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-5234.

**MWR MARKETING OFFICE** ~ Herrmann Hall ground floor across from Navy Federal Credit Union Bank (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-4804.

**MONTEREY NAVY FLYING CLUB** ~ At the Monterey Airport. Open daily, 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

**CHECK OUT MWR'S WEBSITE!**  
**[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)**



## Peacock Press

Morale, Welfare and Recreation Department  
Naval Postgraduate School  
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